

2024 Ontario Masters Hall of Fame Inductee



Michael Sherar

World Masters Athletics Championships

Gold Medal M45 800m Lahti Finland 2009

Gold Medal M45 800m Sacramento USA 2011 (photo)

10 Silver Medals

5 Bronze Medals

Canadian Records

Outdoors

M45 800m

M50 800m

M50 4X100m

M40 4X400m

M45 4X400m

M50 4X400m

M40 4X800m

M50 4X800m World Record !

Indoors

M45 800m

M50 4X200m

M40 4X400m

M45 4X400m

M50 4X800m

Mike sits on the Board of Athletics Canada

He recently retired from competition due to a chronic injury.